

NOVEMBER 2011

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
MENUS ARE SUBJECT TO CHANGE	1 CHICKEN VEGETABLE SOUP TUNA SANDWICH AMERICAN CHEESE WHOLE WHEAT BREAD LETTUCE AND TOMATO POTATO SALAD COLE SLAW PINEAPPLE TIDBITS 1% MILK	2 TROPICAL FRUIT MULTI BEAN SALAD PORK LOIN W/ GRAVY MACARONI & CHEESE GREEN BEANS WHOLE WHEAT BREAD CINNAMON PEARS (COLD) 1% MILK	3 TOSSED SALAD ITALIAN DRESSING OPEN FACED HOT TURKEY SANDWICH W/ GRAVY MASHED POTATOES ITALIAN MIXED VEGETABLES WHEAT BREAD FRESH FRUIT 1% MILK	4 TOMATO JUICE 3 BEAN SALAD BEEF STROGANOFF SLICED CARROTS EGG NOODLES WHEAT BREAD APPLE SAUCE 1% MILK
7 CRANBERRY JUICE CHICKEN BREAST W/ GRAVY MIXED VEGETABLES FRUIT COCKTAIL POTATO BREAD MASHED POTATOES 1% MILK	8 ITALIAN TOMATO SALAD PASTA W/ MEAT SAUCE PARMESAN CHEESE GARNISH GREEN BEANS FRENCH BREAD APPLE SAUCE 1% MILK	9 BEEF VEGETABLE SOUP SMOKED TURKEY BREAST ON WHOLE WHEAT BREAD WITH SWISS CHEESE LETTUCE & TOMATO COLE SLAW PEARS IN GELATIN 1% MILK	10 CRANBERRY JUICE CHICKEN BREAST IN TOMATO PARMESAN SAUCE FETTUCCINI NOODLES MIXED VEGETABLES TUSCAN BEAN SALAD WHEAT BREAD TROPICAL FRUIT 1% MILK	11 APPLE JUICE MEATLOAF W/ GRAVY SLICED CARROTS W/ DILL MULTIGRAIN ROLL BLUEBERRY/PEAR CRISP (COLD) 1% MILK
14 TOMATO JUICE SPLIT PEA SOUP TUNA SALAD KAISER ROLL LETTUCE GARNISH FRESH SLICED TOMATOES ROSEY PEARS 1% MILK	15 PINEAPPLE JUICE BAKED CHICKEN QTR. PEAS & CARROTS RED BEANS AND RICE WHEAT BREAD PEACHES 1% MILK	16 TOSSED SALAD RANCH DRESSING BAKED ZITI ITALIAN BREAD AUTUMN BLEND VEGGIES ORANGE SECTIONS 1% MILK	17 ***SPECIAL*** FRUIT COCKTAIL TURKEY W/ GRAVY BREAD STUFFING PEAS & CARROTS CRANBERRY SAUCE PUMPKIN PIE 1% MILK	18 FRUIT PUNCH HEARTY BEEF STEW W/ MIXED VEGETABLES & POTATOES MULTIGRAIN ROLL HOT APPLE CRISP 1% MILK
21 ORANGE JUICE BEEF HOT DOG HOT DOG ROLL MID WEST BAKED BEANS COLE SLAW PEARS 1% MILK	22 CRANBERRY JUICE HOT TURKEY W/ GRAVY MASHED POTATOES PEAS COLD FRUIT COMPOTE WHITE BREAD 1% MILK	23 APPLE JUICE BEEF TIPS W/ GRAVY BROWN RICE WHEAT BREAD BROCCOLI CASSEROLE SPICED APPLES 1% MILK	24 THANKSGIVING HOLIDAY	25 THANKSGIVING HOLIDAY
28 APPLE JUICE HAM W/ GRAVY MASHED SWEET POTATOES BRUSSELS SPROUTS WHEAT BREAD ORANGE SECTIONS 1% MILK	29 GRAPE JUICE 3 BEAN SALAD LASAGNA ROLLETES KALE ITALIAN BREAD PINEAPPLE TIDBITS IN GELATIN 1% MILK	30 TOMATO JUICE SALISBURY STEAK W/ GRAVY MASHED POTATOES CORN WHOLE WHEAT BREAD PEACH/APPLE CRISP (COLD) 1% MILK	TO MAKE A MEAL RESERVATION AT LEAST 48 HOURS IN ADVANCE, CONTACT YOUR MEAL MANAGER. EACH MEAL COSTS THE FCDOA NUTRITION PROGRAM \$4.80, YOUR CONTRIBUTIONS PER MEAL HELPS MAKE MORE MEALS POSSIBLE.	